



# Town of Uxbridge

## EMERGENCY PREPAREDNESS HANDBOOK

Preparing for the First 72 Hours of an Emergency or  
Disaster



# A Brief Word from your Town Manager

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*Angeline Ellison*  
*Town Manager*

Town of Uxbridge  
Town Manager

Dear Uxbridge Residents:

I am pleased to present the Town of Uxbridge's first edition emergency preparedness handbook. The Town of Uxbridge is a great place to live and raise a family, but it is wise to be prepared in case of an emergency. This handbook contains a significant amount of useful information and resources to help residents successfully plan for an emergency event.

This handbook provides residents a place to keep key family and contact information in case of an emergency. It encourages families to develop an action plan so everyone in the family knows what to do and where to go in an emergency.

I hope this booklet will provide an opportunity for your family to discuss and plan for emergency events. It is our hope that all Uxbridge's residents take a proactive approach to family emergency planning. For more information on Uxbridge's emergency planning or to see how you can volunteer during emergencies, please visit the town website at [www.uxbridge-ma.gov](http://www.uxbridge-ma.gov).

Sincerely,

Angeline Ellison  
Uxbridge Town Manager

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# Key Emergency Contact Information

## **Local Contact:**

Name: .....  
Address: .....  
Phone # (day): .....  
Phone# (night): .....  
Cell: .....

## **Family Contact:**

Name: .....  
Address: .....  
Phone # (day): .....  
Phone# (night): .....  
Cell: .....

## **Family Alternate Contact:**

Father: .....  
Mother: .....  
Other: .....  
Other: .....  
Other: .....

## **Out of Area Contact:**

Name: .....  
.....  
Address: .....  
.....  
Phone # (day): .....  
Phone# (night): .....  
Cell: .....

## **Town Website:**

<http://www.uxbridge-ma.gov>

## **Utilities:**

Electric (National Grid): ... 800-322-3223  
Power Outage info: ..... 800-465-1212  
Town Water (public): ..... 508-278-8631  
Town Sewer: ..... 508-278-2887  
Oil Provider .....  
Telephone Provider .....  
Television Provider .....  
Internet Provider .....

## **Other Important Information:**

Emergency: ..... 911  
Town Clerk: ..... 508-278-8600 x3  
Police: ..... 508-278-7755  
Fire: ..... 508-278-2787  
Board of Health: ..... 508-278-8600 x8  
Poison Control: ..... 800-222-1222  
Council on Aging: ..... 508-278-8622  
Doctor: .....  
Pharmacist: .....  
Medical Insurer: .....  
Medical Insurance No: .....  
Home Insurance: .....  
Auto Insurance: .....  
MASS 2-1-1 Information: ..... 211  
Hearing Impaired: ..... 711

## **Schools:**

Uxbridge High School ..... 508-278-8633  
300 Quaker Highway  
Whitin Intermediate ..... 508-278-8640  
120 Granite St.  
Taft Early Learning Center .. 508-278-8643  
16 Granite St.

## Reasons for Emergency Preparedness

This Emergency Preparedness Handbook has been prepared for your community by the Town of Uxbridge. This guide was created to help residents learn how to protect themselves and their families in the event of an emergency. This booklet serves as a guide on emergency preparedness, response, and recovery actions.

In the event of a disaster or emergency, you may need to survive independently for some time before outside assistance is available. Basic services such as electricity, gas, water, sewer, telephone, and communication systems may be unavailable for extended periods of time. In order to be prepared, one should have a supply of water, food, medications and emergency supplies for a minimum of 72 hours. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have the opportunity to shop or search for the supplies you need. Assembling emergency supplies ahead of time is essential.

## Hazards Facing Our Community

The Massachusetts Emergency Management Agency (MEMA) is the state agency charged with ensuring the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures.

- Fires
- Civil Disorder
- Dam Failure
- Earthquakes
- Drought
- Extreme Cold
- Extreme Heat
- Floods
- Wildfires
- Hazardous Materials Incident
- Hurricanes
- Pandemic
- Power Outages
- Terrorism
- Thunderstorms
- Tornadoes
- Transportation Emergencies
- Utility Emergencies
- Water Supply Emergencies
- Winter Storms
- Wild Fires
- Public Health Emergencies

## Creating an Emergency Action Plan

It is important to plan for the following situations:

**Town Shelters**: In an emergency, the Town of Uxbridge may designate an emergency shelter depending on the incident. Listen carefully to Town Officials for shelter locations and important information.

**EVACUATION** (Please refer to page 12)

**SHELTER-IN-PLACE** (Please refer to page 14):

Depending on the emergency, it may be safer to stay home and shelter-in-place.

### **BE SURE TO:**

- Practice your Emergency Action Plan.
- Ensure that your entire family knows and understands your plan.
- Talk about how you will communicate with your family during an emergency.
- Think about making an out-of-town family member or friend a point of contact should you get separated for any reason.
- Be familiar with the Emergency Plans at your child's school and your place of business.

## Prepare a Disaster Kit

Everyone should have an all-hazards disaster supply kit. You could become isolated in your home for up to a week without power. Below are some suggestions of items that you may want to include in your kit. It is best to keep items in a waterproof, portable container. Every kit will differ, depending upon what items your family considers essentials. Check expiration dates and rotate items on a regular basis.

### 72 Hour Kit

#### **72+ Hour Supply of Food and Water**

- 1-2 gallons of water per person, per day for sanitation and drinking
- Canned meats and fish
- Canned fruits and vegetables
- Canned soups and puddings
- Canned fruit juices
- Dried fruit and nuts
- Bread, cookies, crackers
- Peanut butter and jelly
- Don't forget – a hand operated can opener!
- Pet food

#### **First aid kit and supplies**

- Bandages, gauze
- Rubbing alcohol
- Gloves, tape, scissors
- Pain reliever
- Antihistamine
- Bottle of potassium iodide tablets

#### **Warmth and Shelter**

- Windproof/waterproof matches
- Second method to start a fire
- Tent/shelter
- Wool-blend blanket
- Emergency reflective blanket
- Lightweight stove and fuel
- Hand and body warm packs
- Poncho

#### **Personal Sanitation**

- Personal toiletry items (shampoo, soap, toothbrush, comb, sanitary napkins, etc.)
- Extra clothing - A complete outfit of appropriate clothing for each family member (socks, underwear, hat, sturdy shoes, and gloves)

## **Communications**

- Radio with batteries or alternate power source
- Whistle with neck cord

## **Copies of important documents**

- Driver's License
- Passport
- Birth certificate
- Marriage certificates
- Wills
- Insurance forms
- Credit card info
- Phone numbers

## **Light Sources**

- Flashlight with extra batteries
- Candles
- Light sticks

## **Tools**

- Shovel
- Hatchet or axe
- 50-foot nylon rope
- Pocket knife
- Sewing kit

- Plastic sheeting and duct tape

## **Additional items**

- Medications
- Paper and pen
- Comfort Items such as games and books
- Extra food and batteries
- Mess kits
- Camp stove
- Insect repellent, sun block
- Portable container
- Trash bags
- Hand sanitizer, dish soap
- Chlorinated bleach

## **For children**

- Small toys
- Paper and crayons
- Favorite security items

## **At least \$50 in small bills**

## Gathering Vital Information

It is important to stay calm during an emergency. In the case of an actual emergency the Town of Uxbridge will make available information to all residents through the following media:

### **Town-wide Emergency Notification System – CodeRED**

This is a phone and email based notification system that allows the Town to contact residents and notify them of an emergency situation in a relatively quick timeframe. Code Red Registration forms are available in the Town Manager’s Office and you can also register online by following a link on the town’s homepage <http://www.uxbridge-ma.gov>.

The town’s social media pages also have updates:

Police: [www.facebook.com/Uxbridgepolice/](http://www.facebook.com/Uxbridgepolice/)

Fire Department: [www.facebook.com/UxbridgeFire](http://www.facebook.com/UxbridgeFire)

Department of Public Works: [www.facebook.com/UxbridgeDPW](http://www.facebook.com/UxbridgeDPW)

### **Uxbridge Cable Access Channels**

191 Government (emergency notifications)

192 (Public/General Information)

194 (Education/School Information)

Online: [www.uxbridgetv.org](http://www.uxbridgetv.org)

### **Local TV Station**

WBZ Channel 4

WCVB Channel 5

WFXT Channel 6

WHDH Channel 7

WBTF Channel 10

### **Local Radio Stations**

WTAG AM 58

WSRS FM 96.1

### **Local Newspapers**

Telegram & Gazette

Uxbridge Times

Milford Daily News

**Town of Uxbridge Council on Aging:** (508) 278-8622

### **NOAA Weather Radio Stations (for warnings/alerts)**

Worcester (162.550)

Boston (162.475)

Providence (162.400)

## Creating an Emergency Communication Plan

Develop an Emergency Communication Plan in case family members are separated from one another during an emergency (i.e. during the day when adults are at work and children are at school). This plan should also address reunification processes after the immediate crisis has passed.

Ask an out-of-state relative or friend to serve as the Family Emergency Communication Plan contact person. During, and immediately after a disaster occurs, it is often easier to access a long distance telephone number than a local one. Calling outside a disaster area is usually easier than calling into or within the same area.

Make sure everyone knows the name, address and telephone number of the Family Emergency Communication Plan contact.

An Emergency Communication Plan can help assure safety and minimize the stress associated with emergencies.

When cell phone lines are overwhelmed during an emergency, phone calls to and from landlines or cellphones may be limited. Sometimes emails and text messages are more likely to be transmitted properly.

## Emergency Evacuation

- During an emergency, always follow the direction of your local Public Safety Officials to know which evacuation routes and shelters will be utilized during that particular emergency.
- If you do not have personal transportation, make arrangements with friends or your local government.
- Those requiring special assistance, such as transportation or alternative forms of communication, should notify the Town of Uxbridge Emergency Management Director of these requirements.
- Designate two meeting areas for family members – one within your community (your primary location) and one outside of your community (your alternate location). Sometimes an emergency could impact your neighborhood or a small section of the community, so a second location outside of your community could be more accessible to all family members.
- Develop a Family Emergency Communication Plan (see page 11).
- Assemble a Disaster Supply Kit (see page 8).
- Keep your car fueled if evacuation seems likely. Gas stations may be closed during an emergency or unable to pump gas during power outages.
- Know how to shut off your home's electricity, gas and water supply at main switches and valves. You may want to do so prior to evacuating your home.
- After meeting your family's needs, check on elderly or disabled neighbors and, if necessary, call for assistance on their behalf.

## What To Do If Asked To Evacuate

- Gather all persons in the house.
- Do not pick up children at their schools, unless instructed to do so. In many cases, school children may be taken to a pre-designated host school outside the impacted area where you may pick them up.
- Household members located outside the area, when the emergency occurs, may be advised not to return to their residence or community during an evacuation. They may be re-directed to a reception center or mass care shelter where you can be reunited.
- Do not call your local fire or police departments for information. These telephone lines must remain open for emergency use. If you need special assistance, contact your local Emergency Management Department.
- Stay tuned to your Emergency Alert System (EAS) radio stations WTAG AM 58 or WSRS FM 96..
- Turn off lights and unnecessary appliances.
- If a hard freeze is likely during your absence, take actions needed to prevent damage to water pipes, such as turning off the water main, draining faucets, turning off inside valves for external faucets and opening outside faucets to drain.
- Close and lock windows and doors.
- Check with neighbors to see if they need assistance. Offer to share transportation.
- Shelter livestock if you are unable to take them with you. Leave at least a three-day supply of stored food and water that has been protected from potential contamination.

## Shelter-In-Place

Sheltering-in-place is a standard protective action utilized in emergencies in which hazardous materials have been released into the atmosphere. Local officials may instruct you to “Shelter-In-Place” to reduce your exposure to these hazardous materials. The purpose is to prevent the hazardous material from reaching an enclosure’s occupants.

The following are steps to be taken only when instructed to “Shelter-In-Place”, not to be completed ahead of time:

- You should immediately proceed indoors. Keep children and pets indoors.
- Close and lock all doors and windows. Locking is preferred as this ensures that doors and windows are shut tight.
- Turn off air handling systems such as window fans, kitchen and bath exhaust fans, air conditioners, and other sources of outside air. Shut off clothes dryers and seal exhaust vents with plastic and duct tape.
- Close the fireplace flue if it is not in use (PLEASE NOTE: a structure with a burning fire in the fireplace is not a good candidate for sheltering-in-place).
- Seal off any cracks that could cause leakage from the outside (e.g. a damp towel in door jams).
- If you have livestock, shelter them as well. Provide them with stored feed and water from a covered source.
- Go to an above ground room with the fewest windows and doors (a below ground room during a tornado or hurricane).

If sheltering-in-place is recommended during school hours, children will be sheltered in their school building and cared for by school personnel. When the emergency is over, you will be directed where and when to pick them up.

## If Traveling When Shelter-In-Place Is Ordered

- If you are traveling in a motor vehicle, close the windows and air vents.
- Turn off the heater and air conditioner.
- Keep the radio tuned to an Emergency Alert System (EAS) station for the official messages and instructions.
- Proceed to the nearest enclosed shelter. If none are available, leave the area immediately.
- Stay inside your vehicle or building until officials say otherwise.
- Do **NOT** use your telephone unless you require special assistance.
- Do **NOT** call “911” unless it is a true emergency.

## Preparedness for Populations With Special Needs

Emergencies can present challenges for many citizens with physical, medical, sensory, or cognitive disabilities, as well as the elderly and other populations with unique needs.

- Do you live alone?
- Do you drive or own a car?
- How good is your sense of smell?
- Do you have any physical, medical, thinking or learning limitations?
- Has your sense of hearing or vision decreased?
- Are you reliant upon any medical equipment?
- Are you reliant upon a caregiver?

Create a disaster supply kit. Depending upon your needs, you may want to include extra eyeglasses, hearing aid batteries, wheelchair batteries, oxygen, the style and serial number of your medical devices, a list of your medications (including dosage), a list of your allergies, medical insurance information and medical cards. If you utilize a manual wheelchair, include heavy gloves to help you evacuate over glass and debris (see page 8).

Make an Emergency Plan and create an Emergency Communication Plan. If you receive regular support services from a provider, Home Health Care Attendant, or Personal Care Attendant (PCA), speak with them about their disaster plans and their services during times of emergency. Work with them to identify back-up services.

Complete a Personal Assessment of what you can do for yourself and what assistance you may need to face the challenges of an emergency. Consider the environment during and after an event, your capabilities, and potential barriers.

Create a 'Personal Support Network' or 'Self-Help Team' who can

help identify and acquire resources, and assist you before, during and after the emergency. Your Team should include roommates, relatives, friends, neighbors, and co-workers as disasters might strike when you are at home, school, work, a volunteer site, or wherever you spend a lot of time.

Teach others on your Team to operate any special equipment you may require, as well as where you keep your emergency supplies.

If asked to evacuate, inform your Team where you are staying, as it may not always be the first choice in your Plan (a public shelter, relative's or friend's home, hotel, etc.).

Find the location of the main utility cutoff valves and switches in your home, and learn how and when to disconnect them during an emergency, either by yourself or with a Team member.

Be Informed. Review following section.

## **Become Informed**

Learn your community's Emergency Management Plans including potential evacuation routes and accessible shelter locations.

Learn about Town of Uxbridge Alerting/Warning Systems (see page 10).

Some communities have developed procedures for people with disabilities to register for specific alert and notification systems, transportation assistance, power or oxygen support, and other programs in the event of an emergency. Contact the Uxbridge Board of Health to learn more about Uxbridge Special Populations Registry. All information gathered through such a program will be kept confidential and used only in case of emergency.

Wear medical alert tags or bracelets to help identify your disability

or health condition. Label any special equipment including wheel chairs, walkers, or canes with your contact information.

Most individuals who normally live independently should be able to function well at a universal public shelter. Individuals requiring higher levels of medical support or assistance might be transferred to an alternate shelter where they can receive a higher level of care.

While at a shelter, ask personnel for any specific accommodations you may require.

## **Making Your Home Safe**

Make sure all of your equipment and hazard detector devices (i.e. fire alarms) are approved and certified by a nationally recognized testing institute, such as Underwriters Laboratory (UL). Follow the manufacturer's instructions for the proper use, installation, maintenance and testing procedures.

Be able to differentiate between your Smoke Detector and Carbon Monoxide detector sounds.

Replace batteries in all devices at least twice per year or more frequently. Develop a schedule for changing batteries (e.g. when changing Daylight Savings Time). Test all detectors on a monthly basis.

### **Smoke Detectors**

Have a minimum of one (1) smoke detector installed on each level of your home (including the basement) and outside each sleeping area.

### **Carbon Monoxide Detectors**

Have a least one (1) Carbon Monoxide (CO) detector on each

habitable floor of your home, and also within ten (10) feet of each sleeping area.

Do not place a CO detector in a garage, furnace room, or near a stove or fireplace. Doing so may cause high incidents of false alarms.

Do not place CO detectors near open windows or doors, excessively hot, cold, or damp areas and 'dead-air spaces' such as corners of rooms and peaks of ceilings. Doing so may minimize the effectiveness of the detector.

## **Fire Escape Plan**

Have at least two (2) escape routes from each room, a primary and an alternate. Never use an elevator. If you cannot use stairways, make special arrangements for help in advance.

Make sure everyone can easily unlock and open doors utilized in the escape plan.

If you must go through a smoky area, crawl. The coolest, cleanest air will be up to 18" from the ground.

Designate a family meeting area located a safe distance from the house (e.g. across the street).

Safely leave the building before contacting the fire department. Never return into a burning structure.

If you are in a wheelchair or cannot get out of your home, stay by the window near the floor and signal for help.

Practice your Fire Escape Plan at least twice a year. For assistance in designing your own plan, visit 'Family Fun' with Sparky the Fire Dog on the National Fire Protection Association web page:

<https://www.nfpa.org/>.

Parents with children should attend the Annual Uxbridge Public Safety Day or visit their local fire station to help promote fire safety awareness.

## **Fire Extinguishers**

Have at least one (1) multi-purpose (ABC) fire extinguisher located near an escape route.

Ensure that the fire extinguisher is cared for and maintained properly according to manufacturer's instructions, which you should keep with your extinguisher.

Ensure everyone understands how to properly and safely use the extinguisher. Although fire extinguishers come in a number of shapes and sizes, they all operate in a similar manner. An easy acronym for fire extinguisher use: PASS (Pull, Aim, Squeeze, and Sweep).

Recharge or replace all fire extinguishers immediately after use.

## **Empower Yourself**

Immediately following a disaster, emergency crews cannot respond everywhere at once. Make it a practice to check on elderly neighbors and those with disabilities. Get some invaluable training on life-saving techniques. Check a few of the resources available to you on page 26-27 of this booklet.

## **Utility Shut-Off and Safety**

In the event of a disaster, you may be instructed to shut utilities at your home. Below is some general guidance for shutting off utility service. You should modify the information provided to reflect your shut off requirements as directed by your utility company.

Please refer to the utility company directly with any questions regarding when utilities will be restored during a power outage.

## Natural Gas

Natural gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all household members know how to shut off natural gas.

If you smell gas or hear a blowing or hissing noise, open a window and get everyone out of the house quickly. Turn off the gas, using the outside main valve if you can, and call the Gas Company and fire department from a neighbor's home.

*CAUTION:* If you turn off the gas for any reason, a qualified professional must turn it back on. NEVER attempt to turn the gas back on yourself.

## Electricity

Electrical sparks have the potential of igniting natural gas if it is leaking. Locate your electrical circuit box and teach all responsible household members how to shut off the electricity to the entire house.

*CAUTION:* Always shut off all individual circuits before shutting off the main circuit breaker.

*NOTE:* IF you plan to use a generator, be absolutely sure that the connections to the street electrical supply wires have been disconnected. It is strongly recommended that you have a professional electrician complete this task.

## Helpful Tips to Protect your Animals

- Taking your pets along is the most important thing pet owners can do for their animals during an evacuation. Pets can be

injured, lost or killed if left behind during an emergency. Pet owners should include their animals in their Emergency Action Plan.

- Prepare an emergency kit for your pets. Include a photo of yourself with your pet, collars and leashes, a three-to-five-day supply of food, a can opener, bottles of water, bowls, litter boxes, plastic bags, and a week's supply of medications (with instructions) that your pet may be taking (in case you and your pet are separated).
- Have copies of your pets' vaccinations, medical records, prescriptions and your veterinarian's phone number.
- It is now state law that all public emergency shelters allow pets. However, if you wish, make plans ahead of time to take your pet to stay with relatives, friends or a kennel outside the affected area.
- Know the locations of pet-friendly hotels and motels and prepare a list of boarding facilities and veterinarians who could shelter your animals in an emergency; include 24-hour phone numbers.
- Make sure your pets wear collars with current license and rabies tags, as well as identification tags that include information on where you will be staying during the emergency.
- Use a pet carrier for each of your pets for transportation and sheltering purposes.
- Birds should be transported in a secure travel cage or carrier. During warm weather, carry a plant mister to mist the birds' feathers periodically.
- Exotic and dangerous pets are dealt with on a case-by-case basis in order to ensure that they are handled, transported and cared for by properly trained personnel at an appropriate facility. Owners of these pets should have advanced planning preparations ready for their pet's special needs.

## After a Disaster

- If you have evacuated, do not return to your home until you have been directed to do so by state or local officials.
- Keep tuned to local Media for information on applying for financial assistance, power outages, etc.
- Do not become a spectator. Unnecessary travel into the impacted areas could hinder the efforts of public safety officials.
- Drive only when necessary. Streets may be filled with debris or flooded. Avoid closed roads as they may be weakened and could collapse.
- Upon returning to your home, do not turn on any electrical equipment until the electricity has been safely restored.
- Be sure to check all electronic equipment for water damage. If you are uncertain, throw them away. It is better to be safe than risk electrocution.
- Watch for loose or dangling power lines. Assume any downed wire is a live wire! Be careful when clearing fallen trees with a chainsaw.
- Use caution if there is structural damage to your home or downed trees in the yard.
- Use caution after a flood as wild animals, insects, and sewage may have entered your home. You will likely need mold remediation services after a flood as well. Throw out anything touched by floodwaters.
- If public safety officials determine that your home is safe, open doors and windows to ventilate your home.
- Use bottled water until local officials have determined the safety of the water supply.
- Guard against spoiled food. If the power was disrupted, food in the refrigerator may have spoiled. Freezers can keep food for several days, if unopened.
- Do not refreeze food once it begins to thaw. When in doubt, throw it out.
- Use generators outdoors, in well ventilated areas only.

- For specific assessment and clean-up remedies, contact the appropriate Town of Uxbridge departments such as Police, Fire or Board of Health.

## **Maintaining Your Plan**

Once you have developed your plan, you need to practice and maintain it. Have a conversation with household members about meeting places, phone numbers, and safety rules. Conduct drills and create theoretical scenarios and see how family members respond.

# Call for Uxbridge Medical Reserve Corp Volunteers

The Town of Uxbridge, through the Greater Grafton Medical Reserve Corps, has organized a Medical Reserve Corps (MRC) to supplement existing Town resources during emergencies and times of need that may impact public health. The MRC is a volunteer group consisting of persons with both medical and non-medical backgrounds who are willing to help out in a public health emergency. Please consider volunteering to help your community.

MRC volunteers may respond to both emergency and non-emergency events that may overwhelm a community's resources. Remember all participation will be strictly voluntary.

MRC volunteers will receive FREE training on a variety of subjects. **For medical professionals, many of the trainings will count toward Continuing Medical Education hours.**

For more information, please visit the Medical Reserve Corps of Massachusetts web site at [www.mamedicalreservecorps.org](http://www.mamedicalreservecorps.org) or contact Greater Grafton MRC at 508-839-5335 x1153.

Your participation is invaluable in achieving our emergency preparedness goals and for helping to promote healthy living in our community.

Please note that in the event of an emergency involving infectious disease and the activation of the Emergency Dispensing Site, responding volunteers and everyone within their household will receive their vaccinations or antibiotics prior to the general public!

## Online Resources/Links

Massachusetts Emergency Management Agency <a href="http://www.mass.gov/orgs/massachusetts-emergency-management-agency">www.mass.gov/orgs/massachusetts-emergency-management-agency</a>
Executive Office of Public Safety & Security <a href="http://www.mass.gov/eops">www.mass.gov/eops</a>
Department of Homeland Security <a href="http://www.dhs.gov">www.dhs.gov</a>
Federal Emergency Management Agency <a href="http://www.fema.gov">www.fema.gov</a>
Are you ready? <a href="http://www.Ready.gov">www.Ready.gov</a>
American Red Cross <a href="http://www.redcross.org">www.redcross.org</a>
National Weather Service <a href="http://www.nws.noaa.gov">www.nws.noaa.gov</a>
National Hurricane Center <a href="http://www.nhc.noaa.gov">www.nhc.noaa.gov</a>
Massachusetts Dept. of Public Health <a href="http://www.mass.gov/dph">www.mass.gov/dph</a>
State of MA Animal Response Team <a href="http://smartma.org">http://smartma.org</a>
Guide to MA State Services <a href="http://www.mda.org/sites/default/files/Guide_StateResource-Massachusetts.pdf">www.mda.org/sites/default/files/Guide_StateResource-Massachusetts.pdf</a>
Town of Uxbridge <a href="http://www.uxbridge-ma.gov">http://www.uxbridge-ma.gov</a>
Massachusetts Medical Reserve Corps <a href="http://www.mamedicalreservecorps.org">www.mamedicalreservecorps.org</a>
Uxbridge School District <a href="http://uxbridgeschools.com">http://uxbridgeschools.com</a>
Central Mass Disaster Animal Response Team <a href="http://www.cmdart.org">www.cmdart.org</a>



## First Aid App

Emergency situations that may require first aid can occur anytime, anyplace. The American Red Cross First Aid App is an important tool everyone can download to their mobile device, putting free and simple lifesaving information at their fingertips.



## Emergency App

Help keep your family safe in severe weather, man made/natural hazards with Emergency by the American Red Cross. Monitor conditions in your area or area of loved ones, prepare your family and your home, check to see if loved ones are safe and let them know you're safe.

## Acknowledgements

This handbook was funded by the Massachusetts Department of Public Health Emergency Preparedness Region II (PHEP). The Uxbridge Board of Health applied for funding and compiled this handbook with the assistance of PHEP, the Sutton Board of Health and various town departments.

Should you have questions or comments, please contact the Uxbridge Board of Health at 508-278-8600 ext. 8.